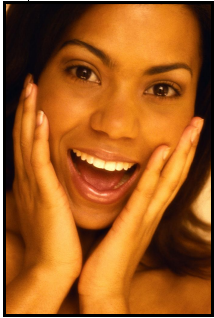


Healthy Bites



Information To Improve the Selection and Use Of Foods In Your Home



Foods and Moods!

Volume XV

Food makes us feel good. It tastes great and nourishes our bodies. Aside from providing nutrients and energy your body needs to function, food also has an influence on appetite and moods. Research shows that certain foods affect powerful mood-modifying brain chemicals called neurotransmitters. Neurotransmitters are made from foods we eat and are present in higher concentrations *after* meals than *between* meals. If you are like most people, you will probably eat a combination of carbohydrates, protein and fat during one meal. For example, this might consist of fruits, vegetables, meat and oil or salad dressing.

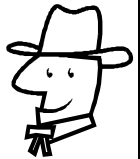
What food choices are best? What you choose for a meal or snack can make a difference in how much you eat or how you feel. Most people can get all the vitamins and minerals they need by eating properly. If they don't, their moods can be affected. Without enough B vitamins (found in tuna, peanuts, kidney beans, eggs) you can feel depressed, grouchy or nervous. Thiamine (found in soybean products, whole grains) helps you feel calm and sleep well. Vitamin B12 (found in tuna fish, meat, dairy products) provides energy. Food *supporters* can help you to be alert and calm you. On the other hand, food *stressors* can increase or cause agitation, depression and grouchy or nervous behavior. Additives that may affect moods—especially in children—are BHA, BHT and TBHQ.

It's important to eat a balanced diet, especially when you are under stress. A healthy diet includes low-fat protein (meat, fish, beans), complex carbohydrates (vegetables, fruit, whole grains) and small amounts of fats (vegetable oils like canola oil or olive oil). Be mindful of sugar and caffeine in the diet. Understand how foods affect your moods and you will improve your physical and emotional health.

Source: North Carolina Extension Service

Food Supporters

- **Water**
- **Vegetables**
- **Fruit**
- **Oil rich fish (salmon)**
- **Nuts and seeds**
- **Wholegrain food**
- **Fiber**
- **Protein in lean meats**



Food Stressors

- **Sugar like high fructose corn syrup**
- **Caffeine**
- **Alcohol**
- **Chocolate**
- **Additives such as BHA, BHT, TBHQ**



****WORD WISE****

Neurotransmitters

(say: NUR-oh-transmitter)

Small unit of chemical substance that sends information between brain cells.

Source: sciencenewsforkids.org



****WALDORF SALAD****

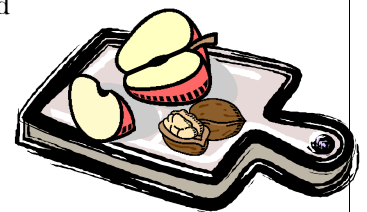
Ingredients:

- 1 cup celery, washed and diced
- 2 apples washed and diced
- 1/2 cup walnuts, chopped (optional)
- 1/2 cup low fat vanilla yogurt
- 1 teaspoon lemon juice
- 1 teaspoon sugar (optional)

Directions:

Combine celery, apples and walnuts (optional) in a mixing bowl to make the dressing. In another bowl combine yogurt with lemon juice and sugar; add to the apple and celery mixture. Mix the dressing into the fruit. Refrigerate until ready to serve.

Nutrition: Serving size 1/2 cup, number of servings 6, calories 117, Fat 6 grams (with walnuts)



Source: MSU ERIB

Cook it Right

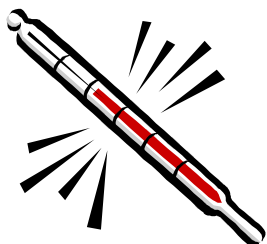
Foods are properly cooked when they are heated for a long enough time—and at a high enough temperature to kill harmful bacteria than can cause food borne illness. These temperatures vary, depending on the food.



Keep it Hot

When serving up hot food buffet-style, remember: *on a buffet table, hot foods should be kept at 140°F or higher.* Keep food hot with chafing dishes, crock pots and warming trays.

When bringing hot soup, chili or crab dip to an outdoor party, keep it all piping hot before serving. Before the party, place these foods in insulated thermal containers. Keep containers closed until party time.



Cook to Proper Temperatures

Cooking food safely is a matter of degrees! Before delving into these “hot” food safety topics, check out the quiz and see how your safe cooking know-how measures up.

Safe Cooking Quiz

- Fill in the blanks: Bacteria in food can be destroyed by thorough _____.
- What's the best way to make sure meat and poultry are cooked thoroughly?
 - Feel it with your fingers.
 - Judge it by its color.
 - Use a food thermometer.
 - Taste it.
- After you're done checking the temperature of a food, what should you do with the food thermometer before using it again?
 - Wipe it off with a paper towel.
 - Place it in another food item and check its temperature.
 - Shout “hooray!”
 - Wash the food thermometer in hot, soapy water.
- Who Am I? I'm an All-American favorite, especially among kids. Before eating me, make sure I'm steamy hot. (Hint: I'm also called a wiener.)

Answers below...

- Answers:
- Cooking
 - C—You can't tell whether food has been cooked thoroughly by its taste, look, or touch. Always use a food thermometer.
 - D—Wash the food thermometer in hot, soapy water.
 - A hot dog.

Source: fightback.org

Eating Out Tip of the Day

Choose menu items that are thoroughly cooked. If it appears that any food, such as beef, pork, chicken, fish or eggs, has not been thoroughly cooked, return the food for additional cooking.

CHECK YOUR LABEL

The Nutrition Facts food label gives you information about which **nutrients** (say: **nu-tree-ents**) are in food. Your body needs the right combination of nutrients, such as vitamins, to work properly and grow. The Nutrition Facts food label is printed on the outside of packaged food.

Most nutrients are measured in **grams**, also written as “**g**”. Some nutrients are measured in **milligrams**, or “**mg**”. These numbers are based on eating 2,000 calories in a day, the amount that many school-age kids eat. A calorie is a unit of energy, a way of counting how much energy you would get by eating a certain food.

Nutrition Facts	
Serving Size 8 fl oz (237mL)	
Servings Per Container About 6	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 750mg	31%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 1g	
Vitamin A 20% • Vitamin C 120%	
Calcium 2% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: USDA

FOOD NUTRITION HOTLINE

MSU Extension provides a General Nutrition Hotline for county residents, (586) 469-5060.

Jane Smith staffs the Hotline, and is available M-W-F from 9 a.m. to 3 p.m. to answer general food/nutrition questions and provide information about food safety and food preservation, such as canning and freezing.

We also provide testing of pressure canning equipment to county residents. Residents will be required to leave the lid of the unit for testing and return in 2 days to pick up their equipment. No fee is charged for county residents.



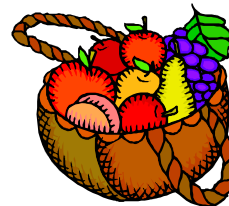
Active Parents Have Fit Kids

There's a lot of discussion these days about fit kids. People who care (parents, doctors, teachers and others) want to know how to help kids be more fit. Being fit is a way of saying a person eats well, gets a lot of physical activity (exercise) and has a healthy weight. If you're fit, your body works well, feels good and can do all the things you want to do, like run around with your friends.

Some steps only parents can take—such as serving healthy meals or deciding to take the family on a nature hike. But kids can also take charge when it comes to health. If you're a kid who wants to be fit, here are five rules to live by:



1. **Eat a variety of foods, especially fruits and vegetables.** You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods and old ones you haven't tried for a while. Shoot for five servings of fruits and vegetables a day—two fruits and three vegetables.



2. **Drink water and milk most often.** When you're really thirsty, cold water is the number one thirst-quencher! And there's a reason your school cafeteria offers cartons of milk. Kids need calcium to grow strong bones and milk is a great source of this mineral. How much do kids need? Three to four servings of dairy foods for example: one cup of milk, one slice of cheese, one cup of yogurt, these all count.

You probably will want something other than milk or water once in a while, so it's OK to have 100% juice, too. But try to limit sugary drinks, like sodas, juice cocktails and fruit punches. They contain a lot of added sugar. Sugar just adds calories, not important nutrients.

3. **Listen to your body.** What does it feel like to be full? When you're eating, notice how your body feels and when your stomach feels comfortably full. Sometimes people eat too much because they don't notice when they need to stop eating. Eating too much can make you feel uncomfortable and, over a period of time, it can lead to unhealthy weight gain.



4. **Limit screen time.** What's screen time? It's the amount of time you spend watching TV, DVDs and videos, playing handheld computer games and using the computer. The more time you spend on these sitting-down activities, the less time available for active stuff, like basketball, bike riding and swimming. Try to spend no more than two hours a day on screen time, not counting computer use related to school work.



5. **Be active.** One job you have as a kid—and it's a fun one—is that you get to figure out which activities you like best. Not everyone loves baseball or soccer. Maybe your passion is karate or kickball or dancing. Ask your parents to help you do your favorite activities regularly. Find ways to be active every day. You might even write down a list of fun stuff to do, so you can refer to it when your mom or dad says it's time to stop watching TV or playing computer games!

Speaking of parents, they can be a big help if you want to be a fit kid. For instance, they can stock the house with healthy foods and plan physical activities for the family. Tell your parents about these steps you want to take and you can teach them a thing or two. If you're a fit kid, why shouldn't you have a fit mom and a fit dad?

Source: kidshealth.org

Check our Web site:

macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues



Copy cats permitted!



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